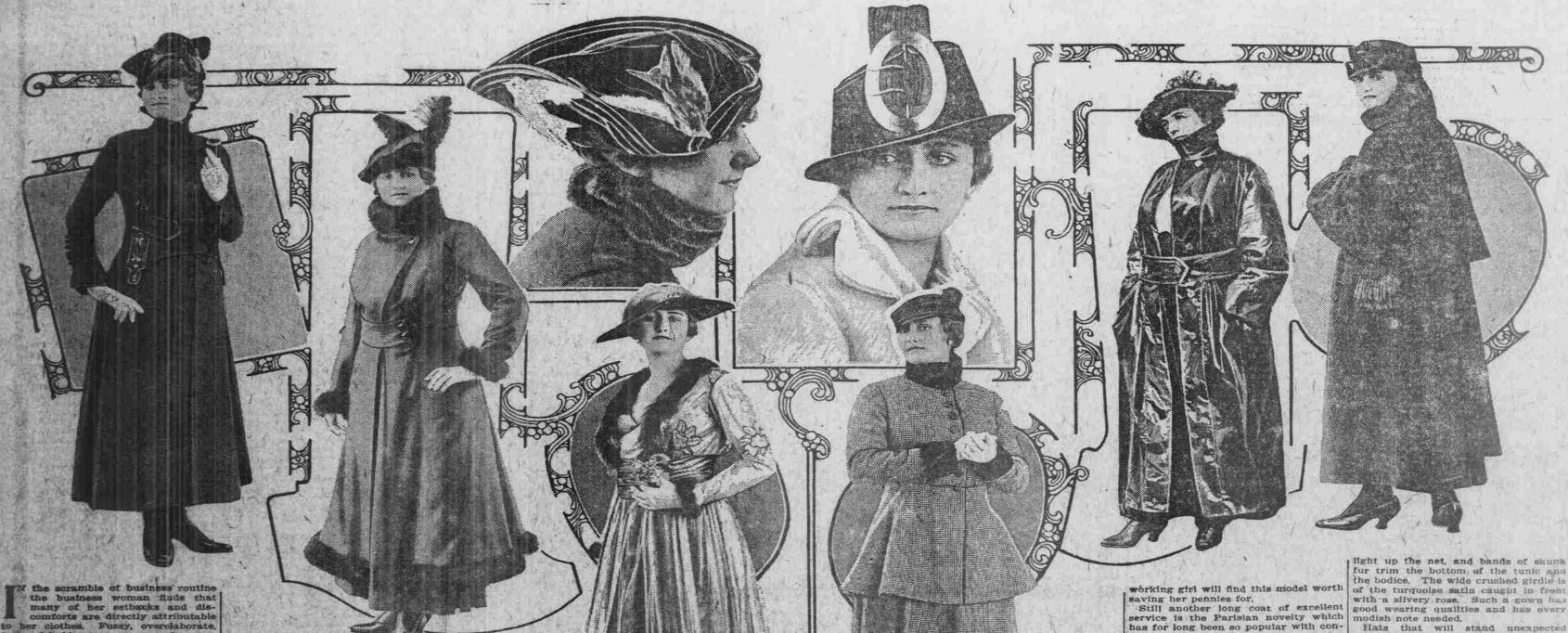
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Suggestions Intended to Give the Business Woman Peace of Mind In Her Effort at "Good Effect" as Well as Freedom to Work-Three Stunning Models of Practical Topcoats. Some Other Attractive Frocks



magnit for the woman earning her the come. Time came when the shirt waist and tailored suit be-aimost a uniform for the "wowith a job." Then femininity ered, and we had the little cashiving on pickles and puffs for sons in order to buy herself efficients are tailored with a navy silk braid, while many little silk crochet buttons trim the front and sleeves, which have bell cuffs. The high but not tight collar is finished with a band of the embeds woman of acknowledged at the next step in our sartorial skirt, but not too full, cut short enough to escape casual rains, this gown gives

Button, Button, Who's Got the Button? WITH YOUR MAID

IN households where there is but one maid to do all the housework, as well as the cooking, planning is a real test. The mistress can, however, make things much easier for the girl if she cares to try. There are many ways in which the maid may have her work plified for her, and the considerate for winter to have the buttons match ewife should endeavor to spare her helper all she can.

An Englishwomen with years of ex-perience as a housewife back of her cells of a way in which the maid's labors may be greatly reduced. The idea is to have two or three

cooking mornings a week, in which practically all the food for the entire week is cooked in advance. There are many hot dishes which will not be harmed by reheating before serving. For example, all meat pies, casseroles, curries, minces and rissoles can be cooked in advance and then warmed up at the last minute without in any way impairing the flavor of the dish.

The housewife should try to think out a weekly schedule so as to leave two mornings open for cooking. If the housewife and her cook put their heads together and arrange the menus for a week in advance it will be a simple isk to select a list of the dishes that can be prepared on cooking mornings. certain seasons cold meats are prefle to hot anyway, and practically all of these can be cooked on these two mornings. Besides the cold roasts, the cook can make such dishes as veni or beef loaf, boned chicken, boiled ham and tongue and cold meat jellies.

Desserts offer a large field for advance preparation. All pies, cakes, tarts, stewed fruits, jellies and custards will be nicer cold than hot. A great many puddings, too, are more accept-able when iced, and almost all those which should be served hot can be reeated at the last minute.

The mistress who falls in with this idea for helping her maid to get all the hot work out of the way in a short time will soon find that she saves money on cooking fuel and on food, for buying and cooking "en masse," so to speak, have the advantage of lowering

THESE few buttons suggest how at- ter style shows deep toned galalith tractive fasteners can be. Two of with pure white pearl.

them are cut jet, two are of bone, and in shape the newer types of buttons the rest are novelties and lacquers. The large ones were designed for coats or suits, and the small ones are suitable vored are of the sew through variety. me excellent designs are shown in nickel and in antique gilt finish, both in circular and in square form. One of the novelty metal buttons is

small in size and square in shape and can be had in nickel or in dull black in a plain finish.

CANDLE SHADES.

NO one can appreciate the wonderful effect the soft light from shaded candles gives to a room until one has seen a room lighted in such a manner. Many women hesitate to buy candles because they cannot afford to buy the kind of shade that will look best in the room in which the candles are to be used. By closely examining a ready made shade and by following directions any woman who can wield a needle should be able to make suitable

At any needlework store foundations for the shades can be bought already made or can be made to order. Having purchased the foundations, it is next necessary to measure them to find out how much material will be needed to cover them, and the covering of them will be found a most interesting and easy process. One thing to remember is that neatness is essential to the beauty of each shade.

Candle shades of shirred flowered silk are charming. The material is shirred very full to the frame, and a narrow heading is left at the top.

BRAIN NEEDS MEAT FOOD.

A GREAT many people, those who are squeamish in their diet, particularly object to eating animal food and avoid meats of all kinds and any soups or other dishes derived from any sort of flesh, but that animal food is essential to human beings seems to be proved by scientists. The editor of the New York Medical Journal has been looking up statistics, and he finds that no brain worker has been able to disse with an animal diet entirely. Benjamin Franklin returned to animal

A COAT FOR DAUGHTER



ed patient when delay will kill him. Laudanum taken inwardly makes the victim very sleepy and dazed. Once the coma, following in the wake of the poisoning, is allowed to grow upon the patient there is practically no hope. The way to fight laudanum poisoning THIS child is warmly groomed for is, first of all, to give an emetic, then By putting aside these two mornings for cooking the mistress and maid will have a store of supplies to depend on through the week. In this way and thing simply but little cooking need the one on noncooking days. Vegetable are practically the only foods while should not be prepared in advanced and pearl. The mental trime of the former combinations are was deteriorating mentally under a socked if they are to be used in salads.

The homemaker was takin returned to animal find to winter in a smart tweed of brown on dealth in the patient up and dewn. On the winter in a smart tweed of brown on account allow him to sit down. In such the patient up and dewn. On one winter in a smart tweed of brown on account allow him to sit down. In such the patient up and dewn. On one winter in a smart tweed of brown on account allow him to sit down. In such the patient up and dewn. On one winter in a smart tweed of brown on our count allow him to sit down. In such the patient up and dewn. On one winter in a smart tweed of brown on account allow him to sit down. In such the patient up and dewn. On one winter in a smart tweed of brown on account allow him to sit down. In such the patient up and dewn. On one winter in a smart tweel of brown on account allow him to sit down. In such the patient up and devn. On one winter in a smart tweel of brown on account allow him to sit down. In such the patient up and devn. On one winter in a smart tweel of brown on account allow him to sit down. In such the patient up and devn. On the winter in a smart tweel of brown on account allow him to sit down. In such the patient up and devn. On the winter in a smart tweel of brown on account allow him to sit down. In such the patient up and the patient up and

FEMALE DELICACY

on her cheek, her whole countenance

women, and blush for yourselves, that

this was on the very day of the mov-ing and that the lovely creature, en-

tirely without training in domestic science, had that day for the first time

"known the fatigues of domestic em-

ployment" and had been "obliged to

toll almost in the menial concerns of

her wretched habitation." - Century

FIRST AID HINTS.

IN many cases where poison has been swallowed the victim dies before

the doctor is summoned. In most all

such cases had there been some one

present who knew how to start the

work of saving the patient death

would never have resulted. In almost

all poison cases it is the first steps

which are the most important. Imme-

diate action will often save the

Magazine.

tle story of "The Wife."

tinental women—the transparent, wa-terproof silk coat. This garment is in-comparable for the business woman who travels, as it can be folded and put in a very small receptacle. It is smart fluted fancy behind an oxidized exceptionally light of weight, and its silver buckle answers every need. Autransparency gives the full value of other chapeau, a tricorn of any velvet color underneath. It comes in all the matching the color of the suit it must modish colors—sage green, deep tan, navy blue, golden brown and a fetching novel trimming.

yellow, like a sou'wester's oliskin-and The matter of shoes affects not only can also be used for a smart motor- health, but efficiency, immediately and coat. Belted, high colored, well but-toned, it speaks for itself. directly. In some vocations mental attitude is governed by feet. Departthe state of the s

The Wisdom of Varying Routine

NOWADAYS a great deal is heard on | it means that the hundred little thing THE theory of female delicacy attributed to woman a moral or spiritual force capable of surrounding material difficulties in a manner often very surdifficulties in a manner often very surprising. The finture of this power is best expounded in Irving's little domestic story of "The Wife."

Important to our sex of the preceding generally to take a pride in her work will be the last thing to dread, and generally to take a pride in her work will be the last thing to dread, and generally to take a pride in her work will be the last thing to dread, and generally to take a pride in her work will be the last thing to dread, and generally to take a pride in her work will be the last thing to dread, and generally to take a pride in her work will be the last thing to dread, and generally to take a pride in her work will be the last thing to dread, and generally to take a pride in her work will be the last thing to dread, and the price of the last thing to dread, and the price of the preceding generally to take a pride in her work will be the last thing to dread, and the price of the Leslie, the hero of the story, has thing more than the actual scrubbing has to be done and generally are of the married "a beautiful and accomplished of floors, dusting and general work opinion that the sooner finished the girl." She has "delicate tastes and fan-necessary for the maintained cleanlicies" and, of course, "a siender form," ness of the house is required to make variation in any of the little things

his lovely burden for its very helpless- to girls who have given up an ardu- have been handed down to us and do ness." He loses his fortune and dreads ous office life for the hearth. They not attempt to bring them up to mod-"dressed in white, a few wild flowers twisted in her fine hair, a fresh bloom

ing.

beaming with smiles," singing to her own harp accompaniment a little air of which her husband was peculiarly fond. Remember, O efficient modern A MODISH LADY



all sides of the discontent of the that comprise homemaking will be-

When he walks abroad with his wife upon his arm he appears "to dote on And this state of affairs is peculiar stick to the ideas and methods that the thought of telling her even to agony expressed in tears. But she requirement and dreads and kept in good working the news "like an angel." They move to a humble cottage, where the admirable creature is found at the close of the first day in the new home close of the first day in the new home close of the first day in the new home close of the first day in the new home close of the first day in the new home close of the first day in the new home close of the first day in the new home close of the first day in the new home close of the first day in the new home close of the first day in the new home close of the first day in the new home close of the first day in the new home close of the first day in the new home close of the first day in the new home close of the first day in the new home close of the first day in the new home close of the first day in the new home close of the new home close of the first day in the new home close of th losing much that made life so interest- of the pleasure such a change may be for the home people. In cooking, too, To become discontented with house- we pursue the same regular habits, work is the very worst thing, because serve up meals in the same old way. It never occurs to some of us to surprise our family by a change in the

> This indifference often follows us to the extent of affecting our personal appearance, and we cling to certain modes of hairdressing and clothing ust because we think they suit us We never seem to wonder whether the latest thing out" may not adapt itself

to our style just as well or better. By making the trivials of everyday existence a part of our life's interest. instead of regarding them as hinfrances, we shall not only be homemaking in the truest sense of the word, but we shall be demonstrating to all with whom we come in contact the extent of our possibilities.

Capable women are always in demand, and undoubtedly the time is not far ahead when greater opportunities than have hitherto presented themselves will be given to women, and the true homemaker will stand a fair chance of showing in a more liberal sense than is generally accepted that the hand which rocks the cradle will at any rate, help to rule the world.

FOR TRAVELING TODDLERS.

The homemaker who travels with lit-

to trim children's school frocks or to fasten the smart new knitted sweaters. There is a strong fashion tendency